

THE RESET CO.

Protein-First Cheat Sheet

Your number, your portions, your top 40 sources — zero math required

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PAGE 1 — YOUR NUMBER

Find your body weight, read across. That's it. The daily range is based on 1.0–1.6 grams of protein per kilogram of body weight — the range research supports for women 40+ who want to keep their muscle (the RDA of 0.8 g/kg is a floor for survival, not a target for you). Land anywhere in your range and you're doing it right. The low end is your everyday minimum; drift toward the higher end on strength days or when you're actively trying to recomp.

Your weight	Daily protein range	Per-meal target (3–4 meals)
120 lbs	55–85 g	25–35 g
140 lbs	65–100 g	25–35 g
160 lbs	75–115 g	25–35 g
180 lbs	80–130 g	25–35 g
200 lbs	90–145 g	25–35 g
220 lbs	100–160 g	25–35 g

TAKE THIS WITH YOU

Notice the per-meal column never changes. After 40, *when* you eat protein matters almost as much as how much — your muscle responds best to a solid 25–35 g dose at each meal, not one big protein dinner. This is exactly why skipping breakfast quietly wrecks the math: you can't fit a whole day's protein into two meals.

The Hand-Portion Legend (your built-in measuring tools)

No scale, no measuring cups. Your hand is proportional to your body, and it's always with you.

Your hand	What it measures	Roughly equals
Palm (palm of your hand, fingers off)	Protein	~25 g protein per cooked palm-size portion (~4 oz)
Fist	Vegetables	1 cup — aim for 1–2 fists per meal

Your hand	What it measures	Roughly equals
Cupped hand	Smart carbs (rice, oats, potatoes, fruit, beans)	~½–1 cup
Thumb	Fats (butter, oil, nut butter, cheese)	~1 tablespoon

One palm of protein at each meal gets most women to the low end of their range. A palm-and-a-half, or a palm plus a dairy side (Greek yogurt, cottage cheese), reaches the middle. That's the whole system.

PAGE 2 — TOP 40 PROTEIN SOURCES

All from a normal grocery store. Portions are everyday servings; grams are approximate — close enough is exactly right.

Meat & Poultry

Food	Typical portion	~Protein
Chicken breast	1 palm (4 oz cooked)	30 g
Chicken thigh, boneless	1 palm (4 oz cooked)	28 g
Rotisserie chicken, pulled	1 palm	28 g
Ground turkey (93% lean)	1 palm (4 oz cooked)	28 g
Lean ground beef (90% lean)	1 palm (4 oz cooked)	29 g
Sirloin steak	1 palm (4 oz cooked)	31 g
Pork tenderloin	1 palm (4 oz cooked)	30 g
Pork chop	1 palm (4 oz cooked)	29 g
Deli turkey breast	4–5 slices (~4 oz)	20 g
Beef or turkey jerky	1 oz (a small handful)	10 g

Fish & Seafood

Food	Typical portion	~Protein
Canned tuna	1 can or pouch (5 oz, drained)	27 g
Canned salmon	1 can (5 oz)	27 g
Salmon fillet	1 palm (4 oz cooked)	28 g
Cod or other white fish	1 palm (4 oz cooked)	26 g
Shrimp	1 palm (~4 oz)	24 g
Tilapia	1 palm (4 oz cooked)	26 g
Sardines	1 tin (3.75 oz)	22 g
Smoked salmon	3 oz	16 g

Dairy

Food	Typical portion	~Protein
Greek yogurt, plain	1 cup	20 g
Skyr (Icelandic yogurt)	1 cup	22 g
Cottage cheese	1 cup	25 g
Ricotta	½ cup	14 g
Kefir	1 cup	9 g
Milk (dairy)	1 cup	8 g
String cheese	1 stick	7 g
Cheddar or other hard cheese	1 oz (thumb-plus)	7 g

Eggs

Food	Typical portion	~Protein
Eggs	2 large	12 g
Egg whites (carton)	½ cup	13 g
3-egg scramble with 1 oz cheese	1 serving	25 g

Plant

Food	Typical portion	~Protein
Lentils, cooked	1 cup	18 g
Tempeh	1 palm (4 oz)	22 g
Edamame, shelled	1 cup	18 g
Black beans	1 cup	15 g
Firm tofu	1 palm (~5 oz)	15 g
Chickpeas	1 cup	14 g
Hemp seeds	3 tbsp	10 g
Peanut butter	2 tbsp	8 g
Quinoa, cooked	1 cup	8 g
Almonds	1 oz (small handful)	6 g

TAKE THIS WITH YOU

Plant proteins are real proteins — they just come in smaller doses per portion, so stack them: lentils *and* quinoa *and* hemp seeds in one bowl adds up to a full anchor. The vegetarian swap lines in the guide and grocery lists do this stacking for you.

PAGE 3 — WHEN YOU DON'T WANT TO COOK

10 No-Cook Protein Grabs

Open, eat, done. Keep 3–4 of these in the house at all times and grazing loses its best excuse.

Grab	~Protein
Single-serve Greek yogurt or skyr cup	15–17 g
Single-serve cottage cheese cup	14 g
2 hard-boiled eggs (the store-bought bag is fine)	12 g
Tuna or salmon pouch (no draining, no can opener)	20 g
Cold rotisserie chicken, pulled	25 g per palm
Deli turkey roll-ups (4 slices + 1 string cheese)	20 g
2 string cheese + a small handful of almonds	18 g
Jerky, 1 oz	10 g
Ready-to-eat shelled edamame cup	13 g
Glass of kefir or milk + peanut butter on whole-grain crackers	15 g

5 Protein Breakfast Anchors

Breakfast is the most-missed protein meal of the day — and the easiest one to fix, because you're allowed to eat the same thing every morning. Pick one, repeat it all week.

Anchor	Build	~Protein	Swaps
Greek Yogurt Bowl	1 cup Greek yogurt + berries + 2 tbsp nuts or seeds	25 g	Nut-free: pumpkin seeds. Dairy-light: skyr or lactose-free Greek yogurt
The Scramble	3 eggs + 1 oz cheese + whatever veg is in the fridge + 1 slice toast	27 g	Dairy-light: skip cheese, add ½ palm leftover chicken or 2 more egg whites

Anchor	Build	~Protein	Swaps
Cottage Cheese Plate	1 cup cottage cheese + fruit + hemp seeds + a few crackers	28 g	Dairy-light: swap in 2 eggs + tuna pouch. Vegetarian: as written
Overnight Protein Oats	½ cup oats + ¾ cup Greek yogurt + splash of milk, fridge overnight, berries on top	25 g	Nut-free as written. Dairy-light: soy milk + 2 hard-boiled eggs on the side
Leftovers for Breakfast	Last night's palm of protein, warm or cold. Yes, really — nobody's watching	25–35 g	Works for every eating style by definition

TAKE THIS WITH YOU

If you only use one page of this entire bundle, make it this one. A protein anchor at breakfast is the single highest-leverage change in the whole Reset.